



Throughout the day,
members of the Potomac
Unit of the Herb Society
of America will conduct a “make
and take” activity creating herbal
culinary blends and will be available
to answer questions.

The U.S. Botanic Garden expresses
its appreciation to the Potomac,
Philadelphia, and Tidewater Units
of The Herb Society of America,
John Forti and the USBG staff and
volunteers.

For more information, visit www.usbg.gov
or call 202-225-8333.



245 First Street, SW
Washington, DC 20024

UNITED
STATES



BOTANIC
GARDEN

United States Botanic Garden

Sixth Annual



HerbDay™

Celebration!

Saturday, May 7, 2011

10 a.m. to 4 p.m.

U.S. Botanic Garden

100 Maryland Avenue, SW
Washington, DC 20001



Sixth Annual



HerbDay™

Spend the day in the Conservatory celebrating herbs! Discover the significance of herbs in our lives and the many ways herbs can be used safely and creatively for health, beauty and culinary enjoyment.

Enjoy demonstrations, activities, discussions and displays. You won't want to miss this amazing opportunity to learn more about herbs!

HerbDay was created by the HerbDay Coalition, a group of five herbal non-profit organizations, to raise awareness about the significance of herbs in our lives.



Schedule

10:00 a.m. – 4:00 p.m. Activities

Make and Take Herbal Culinary Blends*

East Gallery
Potomac Unit,
The Herb Society of America

Dill-ightful and Dill-icious Dill Display

East Gallery
Elizabeth Kennel
Philadelphia Unit,
The Herb Society of America

Roving Gardener

Medicinal Plant House
Nathan Bartholomew, Gardener
U.S. Botanic Garden

Spices Discovery Cart

Garden Court
Volunteers, U.S. Botanic Garden

Create Your Own Herbal Lotion*

West Gallery
Volunteers, U.S. Botanic Garden

Create Your Own Lavender Eye Pillow*

West Gallery
Volunteers, U.S. Botanic Garden

10:00 a.m. – 1:00 p.m. Display

Containing Your Love of Herbs and Vegetables

Garden Court
Billi Parus
Tidewater Unit,
The Herb Society of America

10:30 – 11:15 a.m. Lecture

The Garden of Essential Flavor and Fragrance

Classroom
Holly Shimizu, Executive Director
U.S. Botanic Garden

11:30 a.m. – 12:15 p.m. Lecture

An Herbalist's Garden

Classroom
John Forti, Historic Gardens and
Landscapes Curator
Strawbery Banke Museum,
Portsmouth, New Hampshire

1:30 – 2:30 p.m. Lecture

Mediterranean Herbs and Their Habitat

Classroom
Susan Belsinger, Culinary Educator,
Food Writer and Photographer

2:00 – 3:00 p.m. Demonstration

Creating an Herb Container

Garden Court
Beth Ahern, Gardener
U.S. Botanic Garden

3:00 – 4:00 p.m. Cooking Demonstration

Mediterranean Herbs in the Kitchen

Classroom
Susan Belsinger, Culinary Educator,
Food Writer and Photographer



* while supplies last

